



**SENIOR HAPPENINGS
JULY/AUGUST
SCITUATE COUNCIL ON
AGING
27 BROOK STREET
SCITUATE, MA 02066**

STAFF

**Director
Florence Choate**

**Social Service Coordinator
Nancy Lafauce**

**Administrative Assistant
Jill Johnston**

**Transportation Coordinator
Quincie –Ann Cutler**

**Social Service Worker
Jennifer Gerbis**

BOARD

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Meg Stillman**

**Selectman Liaison
John Danehey**

MISSION

The purpose of the Council on Aging is to identify needs and implement programs that will enhance the quality of life and independence of the seniors of Scituate, and to educate the community to the needs of

What I like about Summer

I just recently returned from a weeks vacation, and as I contemplated my week off, I thought about what made it so special. My vacation for the most part was spent on Cape Cod where I got a chance to catch up with old friend, and family. Summer is a great time to visit my favorite restaurants, explore the quaint Cape towns and visit my favorite shops. Even the warm or should I say HOT weather did not dampen the wonderful time I was having.

I returned to Scituate feeling refreshed and rested, and I was looking forward to seeing the staff and my friends at the Senior Center. As I was driving into work that morning I thought about all of the reasons that make summer so special.

As a New Englander, I am fully aware of how special our four seasons are for us. As individuals we all seem to have our own favorite season. Winter with its cold air and snow is very often the favorite of some. They seem to be hearty souls who love the outdoors, and all of the sports that winter offers.

Some of us prefer the fall with its cool air and the beautiful colors of the falling leaves. For some, spring is a time of promise, as they wait for the first buds to surface, and plan the gardens they will plant, while feeling good about once again surviving a long cold winter. However, for me there is no season like summer. There is something about the freedom we feel during those few summer months that seems to allure us during the other three seasons, and I thought I would share with you the reasons that I believe summer is the best.

Summer is the most laid back season of the year. It is a time when everyday annoyances do not seem to bother us as much. It is a season when all those heavy clothes are put away, as we change into beachwear, shorts and sandals. The food is fresher and always taste better in summer, especially local tomatoes and corn. Cook outs and picnics are almost a daily occurrence, as are long walks, bike rides and a swim in the ocean. Gardens are a feast for the eyes, and family and friends will visit more often.

These are the reasons that make summer special to me, want to share yours. We would love to hear from you.

HAVE A SAFE AND HAPPY SUMMER!!

FLORENCE

LOCAL SUPPORT GROUPS

MID STAGE ALZHEIMER'S GROUP

Meets the second Wednesday of each month 10:30AM to 12:00PM at the Norwell VNA, 120 Longwater Drive, Norwell. Call (781) 659-2342.

COA CAREGIVER'S SUPPORT GROUP (EVE)

Meets the third Tuesday of the month from 7:00PM to 8:00PM at Hingham Elder Services, 224 Central Street, Hingham. Call (781) 741-1452.

CAREGIVER'S SUPPORT GROUP (DAY)

Meets the third Wednesday of every month at 12:00PM. Due to the lack of interest in bringing the person being cared for to the meeting, we will be returning this program to the Senior Center at 27 Brook Street. It will be held on the third Wednesday of each month @12:30PM. Ellie O'Neil from South Shore Elder Services will be joining us.

VISION SUPPORT GROUP @ Hingham Elder Services on the third Monday of the month at 10:00AM. The group will be taking a break for the summer months. Scituate COA will provide transportation to and from the event. Call (781) 545-8722.

BLOOD PRESSURE SCREENING

The Town's nurse Eileen Scotti will do the screening at 10:00AM.

BP screens will take place

Wheeler Park 1st Wednesday of the month

Central Park 2nd Wednesday of the month

Lincoln Park 4th Wednesday of the month

Don't forget to get your beach stickers early

MONTHLY OPPORTUNITIES

ASK A LAWYER

Did you ever have a small legal question, but were reluctant to go to an attorney because of the expense? Well your question can be answered free of charge. The Scituate Council on Aging will have an attorney at the Senior Center the third Friday of the month. Attorneys Holly Harris, Michael Loring and Chris Sullivan are Elder Law Attorneys who rotate monthly in order to provide these services. To schedule a half hour appointment, please call (781) 545-8722.

MEET YOUR REPRESENTATIVE

Representative Jim Cantwell will be at the Senior Center the fourth Friday of the month to meet with anyone who has questions or concern that he might help with. Please call for an appointment (781) 545-8722. Appointments are limited to 30 minutes.

SHINE INSURANCE COUNSELING

Are you a senior just retiring, or do you need help selecting a new health insurance plan? Come in and see our SHINE worker Norman Tetrault. He is at the Center every other Thursday from 1:00PM to 3:15PM. Call to make an appointment (781) 545-8722.

FINANCIAL SERVICES

Are you wondering whether you are in the right investments for your stage of life? Do you need financial advice on trust, annuities, or other forms of financial planning? Deborah Flanagan, Financial Advisor with Edward Jones will be available by appointment at the Senior Center the first Monday of each month from 1:00 to 3:00PM to answer your questions. Appointments are limited to 30 minutes and there is no charge. Call for an appointment (781) 545-8722

NEW SERVICES

If there is a service that you would like to see offered at the Center that we are not currently doing, please call and speak with Florence or Jill and we will see what we can do to accommodate this need.

FYI New Events and Programs

DURING THE SUMMER MONTHS MANY SENIORS ARE AWAY AND SOME OF OUR PROGRAMS ARE CANCELLED AND THE STAFF NUMBERS ARE DOWN DUE TO MUCH DESERVED VACATION. WE WOULD BE WILLING TO FILL THAT TIME WITH SOME OF THE THINGS THAT YOU MIGHT WISH TO DO SUCH AS CARD PLAYING, WATCHING A MOVIE OR MEETING SOME FRIENDS AT THE CENTER TO CATCH UP AND HAVE A CUP OF COFFEE. THIS IS YOUR BUILDING FOR YOU TO USE. VAN SERVICE WILL BE AVAILABLE. CALL ME AND LET ME KNOW WHAT YOU WANT TO DO.

FLORENCE

NEWS FOR JUNE AND JULY

JUNE 20TH VOLUNTEER LUNCH: Every year the Scituate Council on Aging pays tribute to its volunteers, because these wonderful people do many of the chores that would have been difficult for a small staff to complete. Newsletters only go out because of volunteers, they help to prepare and serve at events, one of them is also our unofficial gardener and if she were not doing what she is doing for us, a decorative yard and flower boxes would not be done. Our Board goes above and beyond for our Center and there are many others too numerous to mention. Every year we have a present for the Outstanding Volunteer for the year and that is always a difficult decision to make.

FOURTH OF JULY PARTY: WILL BE HELD ON TUESDAY, JULY 3RD @ 12:00PM. This will be a very special party,. There will be a lunch served, but the biggest surprise will be the entertainment. TRIVIA FOR THE 40'S AND 50's will be played, we will be entertained by the new hit of the Senior Circuit. There will be prizes for the winners and I guarantee you will have a ball! Call (781) 545-8722 to reserve a seat. \$4.00 is due upon reservation.

ALLERTON HOUSE: is coming on July 16th at 12:00PM. They will be serving a great lunch and doing a small presentation. There will be no charge, but reservations will be required. Please call early, as this lunch will be at the Center. (781-545-8722

ALZHEIMER'S AND DEMENTIA FORUM: On September 23rd, at the Scituate Harbor Community Building from 12:00PM to 2:30PM. There will be many providers there to address questions and we will be hosting two presentations. Alzheimer's and Dementia are the fastest growing issues for seniors today. It is predicted that the numbers that are already in the millions will triple in twenty years.. Currently, there are no tests that will predict the onset of these conditions, but we know that more and more seniors in our town and others are dealing with this. Please come. The Medical Community is working on this and you need to know what is available now. A light lunch will be served and there is no charge. Please call to reserve your spot (781)545-8722.

SENIOR ART SHOW: The Scituate Senior Art Show will be held at the Maritime Center, 119 Edward Foster Rd, Scituate on October 5th. The hours will be from 10:00AM to 4:00PM. It will be open to the public and there is no admission charge. This is our 4th Annual Art Show and we will be displaying pieces from Scituate Seniors only. This year there will be prizes of \$100, \$75.00 and \$50.00 for the 1st, 2nd and 3rd place winners. Please call the Council on Aging to register for a space. Spaces will be assigned on a first come first serve basis, as space is limited only one painting per artist will be accepted. The size should not exceed a 24" x 30" framed painting. Please bring painting to Maritime Center from 8:00 to 8:30 PM, pick up time for your piece will be between 4:00 and 5:00PM the day of the show. There is no entrance fee required, For further information please call (781)545-8722.

THE SCITUATE COUNCIL ON AGING REQUEST FOR DONATIONS

DONOR'S NAME: _____

ADDRESS: _____

☐ Yes List my name in "Senior Happenings"

☐ No Do not list my name in "Senior Happenings"

I WOULD LIKE MY DONATION TO SUPPORT

☐ Transportation

☐ Postage for Senior Happenings

☐ Emergency Services for elders in need

☐ Program / Activities / Services

☐ Health and Wellness Education and Seminars

☐ Events and Lunches

THIS CONTRIBUTION IS MADE IN MEMORY OF:

PLEASE MAKE CHECKS PAYABLE TO THE SCITUATE COUNCIL ON AGING-Mail to 27 Brook St. Scituate, Ma. 02066 Attn: "Senior Resource Fund" (not tax deductible)

Thank you for your contributions, we appreciate your help!

Those who agree to be recognized are

Genevieve Desmond

Amelia Cozza

First Trinitarian Congregational Church

The following contributions were given in memory of:

JULY 2013

Mon		Tue		Wed		Thu		Fri	
1 8:59 Men's Breakfast 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	2 9:00 Shaws 12:00 4th of July Party	3 9:00 Badminton 9:15 Yoga* 10:30 Chair Yoga*	4 Holiday Offices Closed	5					
8 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	9 9:00 Shaws 10:30 Bridge	10 9:00 Hanover Mall 9:00 Badminton 9:15 Yoga* 10:30 Chair Yoga*	11 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting	12					
15 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	16 9:00 Shaws 12:00 Allerton House	17 9:00 Badminton 9:15 Yoga* 10:30 Chair Yoga* 12:00 Caregivers	18 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting	19 9:00 Ask a Lawyer					
22 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	23 9:00 Shaws 10:30 Bridge	24 9:00 Shopping Trip 9:00 Badminton 9:15 Yoga* 10:30 Chair Yoga*	25 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting	26 9:00 Rep Cantwell					
29 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	30 9:00 Shaws 10:30 Bridge	31 9:00 Badminton 9:15 Yoga* 10:00 Blood Sugar 10:30 Chair Yoga*		*Denotes program held at Scituate Harbor Community Building					

AUGUST 2013

Mon	Tue	Wed	Thu	Fri
*Denotes program held at Scituate Harbor Community Building			1 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting	2
5 8:59 Men's Breakfast 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	6 9:00 Shaws 10:30 Bridge	7 9:00 Badminton 9:00 Hanover Mall 9:15 Yoga* 10:30 Chair Yoga*	8 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting	9
12 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	13 9:00 Shaws 10:30 Bridge	14 9:00 Badminton 9:15 Yoga* 10:30 Chair Yoga* 12:00 Caregivers	15 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting	16 9:00 Ask a Lawyer
19 9:15 Yoga* 10:30 Chair Yoga* 1:00 Bridge	20 9:00 Shaws 10:30 Bridge	21 9:00 Shopping Trip 9:00 Badminton 9:15 Yoga* 10:30 Chair Yoga*	22 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting	23 9:00 Rep Cantwell
26 10:00 Yoga* 11:15 Chair Yoga* 1:00 Bridge	27 9:00 Shaws 10:30 Bridge	28 9:00 Badminton 9:15 Yoga* 10:30 Chair Yoga*	29 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	30

EXERCISE summer

YOGA AND CHAIR YOGA: continues to be available at the Scituate Harbor Community Building every Monday and Wednesday morning. Yoga will take place at 9:15AM and Chair Yoga at 10:30AM. Don't wait to sign up as the programs are growing by leaps and bounds. Call (781)545-8722 for more info.

COUNTRY WESTERN DANCING: Held at the Senior Center every Thursday @ 10:30AM. Come and learn how to kick up your heels to a country tune. Call (781) 545-8722.

TAI CHI: Every Thursday @ 9:00AM at the Scituate Senior Center An exercise that combines the ancient art of Chinese meditation and exercise to promote a healthy body and a sense of balance so important in staying healthy in mind and body. (781) 545-8722

ADDITIONS AND CHANGES FOR EXERCISE

THE BOYS OF SUMMER HAVE RETURNED. : Senior Softball began Sunday April 28th at Central Field @ 9:30AM. Scheduled games for the season will be on Sunday and Friday mornings @ 9:30 AM. A pick-up game is also held through the season on Wednesday mornings @ 9:30AM. Come to join or to cheer our players on—**REMEMBER ALL GAMES ARE AT CENTRAL FIELD.**

ARTHRITIS EXERCISE: WILL BE TAKING A BREAK FOR THE SUMMER. The last class for the season will be held Friday June 28th @ 10:00AM. The program will start up again on Friday September 6th @ 10:00AM.

BADMINTON: Summer hours will begin on Wednesday July 3rd from 9:00AM to 12:00PM. Fall hours will resume after the start of school.

CARDIO: Cardio's last class at the Senior Center will be Tuesday, June 13th @ 9:00AM. The last class at the Scituate Harbor Community Building will be Thursday, June 13th @ 1:00PM. Our September newsletter will have the starting dates.

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SOCIAL SERVICES INFORMATION FROM NANCY AND JENNY

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Things you might not know!

We happen across some good information here in the Social Services Department. I would like to share with you some of the little known opportunities that might make your life a little easier.

Primary Care Doctor Home Visits

Hope HouseCalls Primary care Physicians deliver high quality, non-emergency medical care and personal attention in the convenience and comfort of your home. (508) 957-0277 for additional information).

MassEDP

Massachusetts residents with a permanent disability (hard of hearing/deaf, speech problems, physical limitations, low vision/blind or cognitive issues) may receive free specialized telephone equipment. Contact Mass EDP at 1-800-300-5658.

Mail order pharmacies

Apothecare pharmacy delivers a weekly supply of your medication in disposable card for medication management. (1-866-820-7171 for additional information). **Scituate Pharmacy** delivers medication to Scituate homes as well(781-545-1020)

Get help anytime, anywhere:

The compact discreet and GPS enabled **5Star** can prepare you for any unsafe or uncertain situation. Press the button when you need help and you will be connected to the 5star staff or 911. Unlike the medical alert that only help in and around your home. Call 1-877-710-7213 for further information.

\$50 to recycle an old refrigerator

National Grid will pick up and recycle your old, second refrigerator or freezer for free plus give you \$50 as a special bonus. (2 items will get you \$100!) Call 1-877-545-4113 to schedule a pickup.

Social service coordinators assist you with getting information on resources and make confidential home visits. We can help you with home delivered meals, transportation options, home care services, food and fuel assistance, and Medicare/insurance issues. We strive to identify seniors who may be isolated or homebound. We work with community agencies and find resources to make you live as independently as possible.

Please call Nancy or Jenny with any information or to schedule a home or office consultation.

Town Nurse Eileen Scotti will be offering a Blood Sugar Screening for seniors at the Scituate Council on Aging on Wednesday July 31st from 10:00AM to 11:00AM. Walk-ins are acceptable.

**CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066**

**STANDARD MAIL
US POSTAGE PAID
PERMIT #27
SCITUATE, MA**

For transportation a 72 hour notice is mandatory to reserve a ride, vans are available for medical appointments, shopping and rides around town. We also run special vans for out of town appointments. Call Q at 781-545-8722.

We appreciate the assistance from the Massachusetts Office of Elder Affairs that subsidizes our postage through the Formula Grant.

Remember, this is your Senior Center, drop in for a cup of coffee or tea, or with questions and concerns. We are here to assist you or your family.

HOURS OF OPERATION:

Monday through Thursday 8:30AM to 4:30PM, Friday 8:30AM to 3:00PM